

CONCEPTUAL STUDY OF SHATPRASRUTIK KRIMIGHNA BASTI IN THE MANAGEMENT OF KRIMIROGA

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ABSTRACT

Krimiroga is very common problem which mainly occurs as intestinal infection. *Krimi* in *Ayurveda* is broad sense in all worms and microbes whether visible or invisible; pathogenic and non-pathogenic subtle organisms. *Acharyas* have described *krimiroga* as a disease and causative factor of other diseases too, e.g., *Shiroroga*, *Hridroga*, etc. They felt about the contagious and epidemic diseases so described *Janapadopadhwamsa* and *Aupasargik roga*. *Trividha chikitsa* one among the classification of *chikitsa*. Acharya mentioned *Apakarshana*, *Prakritivighat* and *Nidan parivarjana chikitsa* of *krimiroga* in order manner. Among these, *Apakarshana* means to attract the *dosha*, *mala* and *krimisanghata* forcefully by *Shirovirechana*, *Vamana*, *Virechana*,

Asthapana. *Charaka* has mentioned *Shatprasrutik Krimighna Basti* in the management of *Krimiroga*. The present article is an attempt to review the concept of *Shatprasrutik Krimighna Basti* in the management of *Krimiroga*.

KEYWORDS:- *Krimiroga*, *Panchakarma*, *Basti*, *Shatprasrutik Krimighna Basti*.

INTRODUCTION

Krimiroga is one of the most common diseases which is seen in developing countries like India. Poverty, ignorance, lack of hygiene maintenance, bad sanitation and use of uncooked food, etc. are some important factors. In *ayurvedic* classics, *Acharya* have given extensive

explanation regarding *Krimi*roga. Acharya have considered *krimi* as an etiological factor in various diseases such as *Krimij hridroga*,^[1] *Krimij shiroroga*,^[2] etc. In *ayurvedic* classics, Acharya have been mentioned the *Trividha chikitsa* of *Krimi*, viz., *Apakarshana*, *Prakritivighata* and *Nidanparivarjana*.^[3] *Apakarshana* includes the process by which unwanted elements are removed or extracted from body. It also includes the *Panchakarma* carried out by *Tikshna* drugs.

Panchakarma plays major role in eradicating the disease and its wide applicability bound Acharya to describe it as '*Chikitsardha*'.^[4] *Basti* is effective in treating the diseases of all *srotasa*. As explained by Acharya that *Pitta* and *Kapha* are *Pangu* in nature, the *Vata dosha* will move the other *doshas* from *koshtha* to *shakha*.^[5] So, when *Vata dosha* is controlled by *Basti chikitsa* ultimately the further provocation of the disease can be controlled.

Acharya *Charaka* has clearly mentioned the line of treatment i.e., *Shatprasrutik Basti* in the management of *Krimi*roga.^[6]

Based on this background, *Shatprasrutik Basti* was evaluated in the management of *krimi*roga with objectives of-

- To study the concept of *Shatprasrutik Basti* in the management of *Krimi*roga.
- To study details about *Shatprasrutik Basti*.
- To study details about *Krimi*roga.

MATERIALS AND METHODS

- All the references regarding *Krimi*roga and *Shatprasrutik Basti* are collected from *Bruhatrayee*, *Laghutrayee* and various textbooks and compilation is done.
- Concept of *Basti*, *Shatprasrutik Basti*, *Krimi*roga studied in detail.
- Collection of all references is done and correlation between the data is done logically, i.e., by using *Yukti Pramana*.

Disease review

Hetu – *Samanya krimi nidana*^[7]

Nidana of *Krimi*roga can be divided into *Ahara sambandhi Nidana* and *Vihara sambandhi Nidana*.

Ahara sambandhi – Milk, Jaggery, Sesamum, Fish, Meat and Other products which causes *Kapha utkleshana*, *Kleda vardhana* in the body besides, also includes the food which are

unctuous, sweet, heavy, cold items, etc.

Vihara sambandhi^[8] - Divaswapa, Asana and Avyayama.

Classification of Krimi- There are 20 types of *krimi* which can be divided as *bahya* and *aabhyantara*; *Pureeshaja*-7, *Kaphaja*-6 and *Raktaja*- 7.

Kaphaja and *Pureeshaja krimi* are situated at *Amashaya-Pakwashaya* and *Raktaja* in *Dhamanee*.

Table 1: Classification of *krimi*.

According to function	According to location	According to cause	According to name
<i>Sahaja</i>	<i>Bahya</i>	<i>Pureeshaja</i>	<i>Bahya</i> - 1. <i>Yuka</i> 2. <i>Likha</i>
<i>Vaikarika</i>	<i>Abhyantara</i>	<i>Kaphaja Raktaja</i> <i>Malaja</i>	<i>Abhyantara</i> - 1. <i>Purishaja</i> - <i>Kakerukka, Makeruka,</i> <i>Leliha,</i> <i>Sashulak, Sausurad</i>
			2. <i>Raktaja</i> - <i>Kesad,</i> <i>Lomad, Lomadwipad,</i> <i>Sauras, Udumbara,</i> <i>Jantumata</i> 3. <i>Kaphaja</i> - <i>Antrad,</i> <i>Udarad, Hridayad,</i> <i>Suru, Darbhapushpa,</i> <i>Saugandhika</i>

Samprapti of krimiroga

According to Acharya *Sushruta*, vitiated *Shleshma* and *Pitta* by any of the etiological factors described under *Krimi-roga*, may help to the production of the *Krimi*.^[9] Acharya *Charaka* has mentioned the vitiation of *Kapha dosha* creates suitable medium for growth and development of *Pureeshaj krimi*. Whenever *kleda* becomes excess in the body, it leads to the formation of *kotha* and further leads to the manifestation of *krimi* in the body.

Madhavanidanakara commented that *Ajeerna* is one of the cause for *Krimi-roga*.^[10] So, the *Samprapti* of *Krimi-roga* can be understood as, *Hetusevana* leads to *agnimandya* and it vitiates *dosha*. *Doshita dosha* create *dushti* of *Rasa*, *Pureesha* and *Rakta* which leads to *srotodushti* which is responsible for production of *krimi* in *srotovaigunya*.

Krimi lakshana

Ajeerna and *Agnimandya* are the main *lakshanas*. In clinical signs and symptoms of *Abhyantara krimi*, *Acharya Sushruta* and *Madhavacharya* have mentioned *Jwar* (fever), *Vivarnata* (discolouration), *Shoola* (pain), *Hridroga* (diseases of heart), *Bhrama* (giddiness), *Bhaktodwesa* (disinterest towards food), *Atisara* (diarrhoea), *Sadana* (tiredness), *Chhardi* (vomiting) and *Shwas* (breathlessness).^[11]

Acharya Charaka has mentioned about some specific signs such as *Pureeshbheda* (unformed stool), *Karshya* (emaciation), *Lomaharsha* (cutis anserina), etc.^[12]

Trividha chikitsa of krimi

- *Apakarshana*
- *Prakritivighata*
- *Apunarbhava/Nidan parivarjana*

Apakarshana chikitsa^[13] - Extraction of the *krimi* by following methods

1. **Hasta/Yantra (Manual extraction):-** Extracted manually using *Yantras*. e.g., *Sandamsha yantra*.
2. **Bheshaja Apakarshana (Therapeutic extraction):-** *Shodhana* therapies e.g., *Vamana*, *Virechana*, *Basti* and *Shirovirechana*. *Acharya Charaka* mentioned the *Shatprasrutik Krimighna Basti* in the management of *Krimi*. Benefits of this anal route is the drug retains for longer duration at the site of action which is required to destroy *krimi*.

Review of shatprasrutik krimighna basti

Acharya Charaka elaborated *Shatprasrutik Krimighna Basti* in *Siddhisthana*.

Kashaya preparation is manufactured using 5 *prasruta* of following drugs-

Table no. 2: Kashaya dravyas & it's pramana.

Sr. no.	Dravyas	Matra
1.	Vidanga	20grams each
2.	Triphala	
3.	Shigru	
4.	Madanaphal	
5.	Musta	
6.	Akhukarni	

For *kalka* preparation, *Vidanga* and *Pippali Choorna* are taken in 5gm each. Niruha Basti Dravyas

Table no. 3: Niruha basti dravyas (Shatprasrutik krimighna basti) Indication-*Kriminashana*.^[14]

Sr. no.	Dravyas	Matra
1.	Madhu	30ml
2.	Saindhava	10 gm
3.	Tiltaila	1 Prasrut =80ml
4.	Kalka	10gm
5.	Kwath	5 Prasruta=400ml

Mode of action of *shatprasrutik krimighna basti*

Table no. 4: Rasapanchak of dravyas in shatprasrutik krimighna basti.

Sr. no.	Dravya	Rasa	Veerya	Vipaka	Doshaghna
1.	Vidanga	Katu, kashay	Ushna	Katu	kaphavataghna
2.	Triphala	Kashay Pradhan pancharas (Alavan)	Ushna	Madhur	Kaphapittaghna
3.	Shigru	Katu, Tikta	Ushna	Katu	Kaphavataghna
4.	Madanphal	Kashay, Madhur, Tikta, Katu	Ushna	Katu	Kaphavataghna
5.	Musta	Tikta, Katu, Kashay	Sheet	Katu	Kaphapittaghna
6.	Akhukarni	Katu	Ushna	Katu	Kaphapittaghna
7.	Pippali	Katu	Ushna	Madhur	Vatakaphaghna

Method of preparation of *basti*

First *Makshik* is added and then *saindhava* which further does the *bhedana* and *Picchhilata*, *Bahulata* and *Kashayatva* of *Madhu*. Then, *Sneha* (*Tiltaila*) is added to bring the *Ekibhavaye kalpate* and also having its own *krimighna* property.^[15] *Vidanga* and *Pippali kalka* is then added to it which quickly disperses and mixes then the *krimighna Kashaya* of aforesaid drugs is added which does the mixture homogenous. This solution is filtered and make it lukewarm by keeping over water bath.

All the above drugs i.e., contents of the *Shatprasrutik Krimighna Basti* have properties of *Katu rasa*, *Katu vipaka*, *Ushna veerya* and are *Krimighna* in nature. *Vidanga* and *Akhukarni* have *Krimighna prabhava*. *Charakokta krimighna gana* includes *dravyas* like *Vidanga*, *Shigru*, *Akhuparni*, etc. It relieves *Kapha pitta dosha*, abdominal flatulence and *krimi* from *Pakwashaya*. These drugs directly act on *Pakwashaya* and attack on *krimi* which kill or lost its unconsciousness and thrown out from the gut.

DISCUSSION

All the Acharya have stressed about specific line of treatment in case of *krimi* as it needed complete elimination to manage or cure the condition. Here is the importance of *Trividha chikitsa* (*Apakarshan*, *Prakritivighata*, *nidanaparivarjana*). These *karmas* should be in order according to all Acharya. *Apakarshana* includes the *Shirovirechana*, *Vamana*, *Virechana*, *Asthapana*, etc. Acharya Charaka in *Siddhithana* described the *Shatprasrutik Krimighna Basti* in treatment of *Krimi-roga*. This highlights the importance of *shodhana chikitsa* in *krimi-roga*. Acharya also mentioned that it should be administered after due consideration of the *bala* of patient.

Kapha and *kledanirmiti* are responsible for *krimi utpatti*. As all the drugs of *Shatprasrutik Basti* are having *Katu Rasa*, *Katu Vipaka* and *Ushna Veerya* predominantly and having *karshana* properties, these drugs do the extraction or *nirharana* of *krimi* from *Pakwashaya* and inhibit the growth and activity of *krimi*. *Katurasa* is also responsible for *kleda upashoshan*.^[16] Hence, these drugs are helpful in relieving the Sanga of *doshas*; This *basti* expelled out the *dosha* and *krimi* from the *pakwashaya* due to the specific *krimihara* action of *Shatprasrutik Krimighna Basti*. According to modern science, some intestinal worms are responsible for production of vitamin B and vitamin K. But, the modern deworming medicines destroy them too. But, this *Krimighna basti* kills the *vaikarik krimi* and increases the production of *krimi* which are responsible for production of vitamin B and Vitamin K.

CONCLUSION

Krimi-roga (Worm infection) is very common problem in society. In modern science, various deworming medicines are available but the recurrence is very common. Here the Ayurveda prescribes the various treatment approaches for the management of *Krimi-roga*; Such as *Apakarshan*, *Prakritivighat*, *Nidan parivarjan*. *Shatprasrutik Krimighna Basti* for *apakarshan* is useful in this condition as it can relieve *Kapha pitta dosha*, abdominal flatulence and *krimi* from *Pakwashaya*.

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